



Maine Center for Disease  
Control and Prevention  
An Office of the  
Department of Health and Human Services

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# Public Health Update

## April 5, 2012

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## County health rankings

The third annual *County Health Rankings* (<http://www.countyhealthrankings.org/>) were released April 3. Rankings were completed in all 50 states. Counties were ranked within states only, with no comparison between states. The report helps identify factors that influence health in each county.

All Maine counties, regardless of their ranking, have strengths to celebrate and challenges to address. For years, public health data have shown that many counties in Maine with lower incomes and educational attainment are less healthy. Such disparities continue to be reflected in these rankings. However, the report also shows significant variation. For instance, some counties with similar socioeconomic profiles have very different rankings for health factors and outcomes, suggesting that a complex array of factors influences the health of our communities.

Although some of our counties have better health outcomes than others, it is important to note that overall Maine is one of the healthiest states in the nation, ranking eighth healthiest state in 2010 and 2011 by the United Health Foundation's *America's Health Rankings*.

Maine's public health system is charged with using a variety of data sources, including rankings such as these, to improve the health of all communities in Maine. Significant health improvement planning efforts are underway at the local, district, and state levels.

## Salmonella from baby chicks

Traditional springtime activities may include purchasing baby chicks. Baby chicks can be wonderful pets, but it is important to know that even healthy-looking chicks may be carrying dangerous germs called *Salmonella*.

Keep kids from getting sick by making sure they:

- Do not put their hands in their mouths after touching chicks
- Do not kiss chicks on their beak or feathers
- Do not handle or clean cages or food containers
- Do not eat or drink near baby chicks
- Do not put their mouths on objects that have been near chicks or their cages

Children younger than five should not handle baby chicks, but if they do, be sure you:

- Keep chicks out of the kitchen and other living areas
- Wash children's hands thoroughly with plenty of running water and soap after contact with chicks
- Contact your health care provider or go to a clinic if your child has diarrhea or vomiting

For more information, visit <http://go.usa.gov/mZF>

## Donate Life Month

April is National Donate Life Month. More than 100,000 US patients are currently waiting for an organ transplant. More than 4,000 new patients are added to the wait list each month.

Organ donation takes healthy organs and tissues from one person for transplantation into another. Experts say that the organs from one donor can save or help as many as 50 people. Organs you can donate include

- Kidneys, heart, liver, pancreas, intestines, lungs
- Skin
- Bone and bone marrow
- Cornea

Most organ and tissue donations occur after the donor has died. But some organs and tissues can be donated while the donor is alive.

Maine residents who are 16 years of age or older can help save lives by signing up on the Maine Organ Donor Registry. Registration is free and takes a few minutes a couple of minutes. You can sign up or check your registration at <http://www.maine.gov/sos/bmv/donatelife/>

Maine CDC Director Dr. Sheila Pinette will join other members of the Organ Donation Advisory Council appointed by Gov. Paul LePage and Secretary of State Charles E. Summers Jr. at a ceremony to raise awareness of organ donation at 2 p.m. today at the State House.

For more information about organ donation, visit <http://www.organdonor.gov/>

## Autism

US CDC has released a report on the prevalence of autism spectrum disorders (ASDs). The MMWR is available at <http://go.usa.gov/mBi> The community report is available at <http://go.usa.gov/mBi>

US CDC estimates 1 in 88 children has been identified with an ASD and considers ASDs an important public health concern. US CDC is committed to continuing to provide essential data on ASDs, search for risk factors and causes, and develop resources that help identify children with ASDs as early as possible.

Maine CDC supports US CDC's new training for health professionals to help them identify autism and provide quality care, which is described at: <http://www.cdc.gov/Features/AutismTraining/>

For more information, visit <http://www.cdc.gov/Features/CountingAutism/>

## Sodium

According to a study released in 2010 by Stanford University, less than a 10 percent reduction in sodium in a person's diet could help many Americans avoid heart attacks and fatal strokes.

This April, Maine CDC's Cardiovascular Health Program began a campaign to raise awareness of foods that are high in sodium and the importance of monitoring how much to reduce sodium consumption.

According to a study done by US CDC, the average American adult eats about 3,300 milligrams of sodium each day. That is at least 1,000 milligrams more than people should be eating. Most sodium is found in packaged, processed and restaurant foods.

The foods that are the biggest sources of sodium may be surprising. According to US CDC, bread and rolls are the top sources of sodium in the American diet, followed by cold cuts, pizza, poultry, and soups.

More information on sodium and how to reduce the risks of heart attack and stroke is available at [www.mainehearthealth.org](http://www.mainehearthealth.org)

## Influenza

Maine CDC continued to report sporadic flu activity for the week ending March 31. Weekly updates on flu activity are available online:

- for Maine: <http://go.usa.gov/NoK>
- for the US: <http://go.usa.gov/ITB>
- for the world: <http://go.usa.gov/ITK>

Maine CDC reminds everyone to take everyday preventive measures against the flu:

- Wash your hands frequently
- Cough and sneeze into your elbow or shoulder
- Stay home when you feel sick
- Get vaccinated

## Human rabies pre-exposure prophylaxis services

The following table is a non-exhaustive list of healthcare providers in Maine known to provide rabies pre-exposure prophylaxis. The purpose of this list is to assist Mainers in finding a location to receive rabies pre-exposure prophylaxis. Unfortunately, Maine CDC is unable to assist financially.

County	Town	Facility/Provider	Phone #
Androscoggin	Auburn	Work Med Travel Clinic	753-3080
Androscoggin	Lewiston	Central Maine Medical Center (CMMC)	795-2892
Androscoggin	Lewiston	CMMC Infectious Disease Associates	795-2729
Androscoggin	Lewiston	Occupational Health + Rehabilitation Inc.	784-1680
Androscoggin	Lewiston	Saint Mary's Regional Medical Center	777-8515
Aroostook	Ashland	Ashland Health Center	435-6341
Aroostook	Limestone	Pines Health Services Loring Health Center	328-4631
Aroostook	Mars Hill	Central Aroostook Health Center	429-8333
Aroostook	Presque Isle	Pines Health Services	769-2025
Aroostook	Presque Isle	TAMC Occupational Health & Wellness	768-4568
Cumberland	Bridgton	Occupational Health & Rehabilitation	647-6063
Cumberland	Brunswick	Maine Bowdoin Health Services	725-3770
Cumberland	Portland	City of Portland Public Health	874-8446
Cumberland	Portland	Maine Medical Center International Clinic	662-2911
Cumberland	Portland	Marginal Way Intermed	347-2908
Cumberland	Portland	Occupational Health & Rehabilitation Inc.	774-7751
Cumberland	So. Portland	Beacon Occupational Health	871-1800
Cumberland	Yarmouth	Harbor Side Family Practice	846-2229
Franklin	Farmington	Franklin Memorial Hospital Travel Medicine Clinic	779-2367
Franklin	Farmington	Franklin Memorial Hospital	779-2367
Hancock	Blue Hill	Blue Hill Memorial Hospital	374-3495
Kennebec	Augusta	Maine General Medical Center-Workplace Health	626-1936
Kennebec	Augusta	Occupational Health & Rehabilitation Inc.	629-5005
Kennebec	Waterville	Inland Hospital	861-3329
Kennebec	Waterville	Maine General Medical Center	872-4260
Knox	Rockport	Health Connections Occupational Health	593-5566
Lincoln	Boothbay Harbor	Lincoln County Healthcare	563-4385
Oxford	Rumford	Rumford Hospital	369-1090
Penobscot	Bangor	Bangor Department of Health	992-4548

Penobscot	Bangor	Health works	992-0099
Penobscot	Bangor	Occupational Health & Rehabilitation	941-8300
Penobscot	Bangor	St. Joseph Hospital	907-1970
Sagadahoc	West Bath	Occupational Health Associates of Maine	442-8625
Somerset	Skowhegan	Redington-Fairview General Hospital	858-2423
Washington	Machias	Down East Community Hospital	255-0495
York	Biddeford	Work Well at Southern Maine Medical Center	283-7600
York	Kennebunk	Goodall Occupational Health Clinic	490-7099
York	York	York Hospital	361-3636

## Immunization conference

Maine CDC's annual Immunization Conference will be held from 8 a.m. to 3:45 p.m. **April 23** at the Augusta Civic Center. This conference is dedicated to a review of emerging and existing issues relating to immunization practice, at the federal, state and local levels. Current and near future immunization issues will be presented by Maine CDC as well as national and local experts. The intended audience includes health professionals who are responsible for managing or staffing at a professional level, or supporting child and adult immunization programs, health program administrators, nursing professionals, physician assistants, and physicians. The cost is \$50. For more information and to register: <http://adcarecdc.neias.org/immunization/>

## Awareness campaigns

April is STD Awareness Month, an annual observance to call attention to the impact of STDs and to promote STD testing across the country. Adolescents and young adults are particularly vulnerable to STDs. In fact, young people between 15 and 24 years of age account for nearly half of all STD cases. Health care providers can make a difference by educating young patients about sexual health and STD prevention. For more information, visit [www.mainepublichealth.gov/std](http://www.mainepublichealth.gov/std)

April is also Minority Health Month. This year's theme is "Health Equity Can't Wait. Act Now in Your CommUNITY!" Learn more at <http://minorityhealth.hhs.gov/> or <http://www.maine.gov/dhhs/mecdc/minority-health/index.shtml>

A new CDC national tobacco education campaign called "Tips from Former Smokers" features real people who are living with the complications of smoking-related diseases and exposure to secondhand smoke. This campaign encourages smokers to quit and is available at <http://www.cdc.gov/tobacco/campaign/tips/> For local resources, visit [www.tobaccofreemaine.org](http://www.tobaccofreemaine.org) or call 1-800-207-1230

## Call for abstracts

The Maine Public Health Association has issued a Call for Abstracts for breakout sessions at its 2012 fall conference. The conference theme is "Community Connections: Building Creative Partnerships for the Health of All Mainers." It will be held **Oct. 17** at the Augusta Civic Center. MPHA encourages abstracts in all areas of public health. Students are also encouraged to apply.

Abstracts should be 500 words or less and must include learning objectives. MPHA membership is not required to submit an abstract; however, presenting authors must register for the annual meeting at a discounted rate.

All abstracts must be submitted by e-mail ([MPHAabstracts@gmail.com](mailto:MPHAabstracts@gmail.com)) or fax (207-622-3616) by **5 p.m. April 10**.

The Call for Abstracts form is available at <http://www.mainepublichealth.org/news.php>

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- Twitter: <http://twitter.com/MEPublicHealth>
- Blog: <http://mainepublichealth.blogspot.com>

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You may subscribe to these updates for free through an RSS feed at <http://www.maine.gov/tools/whatsnew/rss.php?tid=1049>. In Internet Explorer and Firefox, you will be prompted to Subscribe to the Feed and then select the folder where feeds are stored.

**For clinical consultation and outbreak management guidance, call Maine CDC's toll-free 24-hour phone line:  
1-800-821-5821**